

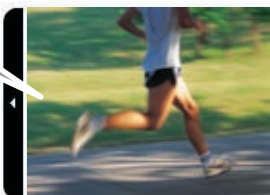
Learn about our state's health ranking – and scroll through the Spotlight for the latest Healthiest State news.



Making Washington the Healthiest State in the Nation
WASHINGTON HEALTH FOUNDATION

[ABOUT US](#) [MEDIA CENTER](#) [POLICY PRIORITIES](#) [GRANTS](#) [PROGRAMS](#) [FUNDRAISING](#)

Spotlight



Running Up the National Health Rankings



Healthiest State Campaign Earns Prestigious Award



Local Schools Focus on Healthy Habits

Feature Video



Redesigned Website Video Tutorial

The Washington Health Foundation website has a different look, but all the innovative health trackers you have come to trust are still just a click away. This video tutorial makes it easier than ever to navigate our site, helping you set goals, log miles and live a healthier life through our Healthiest State in the Nation Campaign.

[click on video to watch](#)

Feature Story



Nucor Steel Forges New Plan To Keep Employees Healthy

It is a shining example to businesses across our state. A company willing to do much more than just "talk-the-talk" about employee wellness—at Nucor Steel Seattle health is a top priority. Nucor Steel Seattle incorporated wellness into its safety program two years ago, and today the company and its employees are reaping the benefits. As health care costs rise, Nucor is taking a proactive approach to make sure its employees are leading healthier, safer lives.

[read more >](#)

LOG IN

E-mail address

Password

Individual

GO

[Register](#)

Join the 35,000 champions, 1,000 organizations and 400 schools in our Healthiest State Campaign!

Quick Search

GO

Scoreboards

2008 HEALTH BOWL

Miles to date: 257002

Days remaining: 24

[More Scoreboards >](#)

Watch the miles accumulate on our scoreboards.

New Media

Volunteer

Contact Us

Make a Donation



Making Washington the Healthiest State

Vote in our weekly web poll, and see what Washington thinks about a variety of health and wellness issues.

Healthiest State Web Poll

How Many Miles of Exercise Do You Average per Week?

- ☐ 0-2 Miles
- ☐ 2-5 Miles
- ☐ 5-10 Miles
- ☐ 10-20 Miles
- ☐ 20+ Miles

SUBMIT

Scroll down our home page for an RSS feed with the latest health news from around Washington – and check out our calendar featuring health events and activities all across our state!

Sign up. Log In. Get Healthy. Help us make Washington the Healthiest State in the Nation.

www.HealthiestState.org



About the Washington Health Foundation & the Healthiest State Campaign

Since 1992, the mission of the non-profit 501(c)(3) Washington Health Foundation (WHF) has been to improve health for the people of Washington state. Today, the vision of WHF is to make Washington the Healthiest State in the Nation. In recent years, WHF realigned its unique mix of public affairs, policy, grantmaking and direct service to help realize that vision. In 2004, WHF launched an innovative campaign to build Healthy Systems and promote Healthy Living across Washington.

*Since the Healthiest State Campaign began,
Washington's state health ranking has improved from #17 to #12.*

You can help us reach number one by taking three simple steps:

- Join the campaign at www.HealthiestState.org
- Log your miles of health
(physical activity, nutrition, weight loss, oral health, tobacco cessation, etc.)
- Join the Healthiest State Policy Action Network

2008 Healthiest State Calendar

December 20, 2007 – January 31

New Year's Resolution Challenge

April 22 – May 31

2008 Spring Training Challenge

May 17

Latina Health Fair

May 29

Healthy Schools Summit

June 13

WHF Annual Meeting

September 18 – November 1

2008 Governor's Health Bowl

November 15

2008 Heroes of Health Gala